

2012 Minnetonka Boys' Track and Field

Thank you for your interest in the Boys' Track and Field program. We had an outstanding 2011 season highlighted by our section 6AA Championship and our 3rd place showing at the State True Team Championships. Below you will find a list of information that may answer any questions you have regarding the program.

1) Season length: Track starts on Monday, March 12th and concludes at the end of May or start of June depending on how far one advances. There will be a preseason (athlete only) team meeting on Thursday, March 8th at 3:00pm in a location to be determined. Our PAC meeting (Parent, Athlete, Coach) will take place on Monday, March 19 at 6:00pm in the forum. If you arrive late, the meeting will shift to the black box studio across from the west gym at approximately 6:30pm.

2) Practice Schedule: Practices will take place from 3:05-5:05, Monday-Friday. Optional practices will be scheduled for varsity competitors on a limited number of Saturdays. Practice times and locations vary by event. It is not uncommon (especially late in the year) for practice to be over before 5:05. However, athletes should always delay any other activities (work etc.) with the idea of a 5:05 end time. During the beginning of the season, the team will meet inside in the dome. When it gets warmer out, we meet out on the track.

3) Meet Schedule: Most meets occur during the week and run from approximately 4:00 -7:00p.m. Student-athletes will not need to be excused from class early these days. Occasionally, varsity athletes will be excused from school early to attend larger meets. There are usually 14 meets scheduled and 2-4 of those will be at home. See attached.

4) Fees and Forms: In order to participate, each athlete must complete forms and pay fees online by going to www.minnetonka.k12.mn.us, click on Activities tab, click on Registration tab.

All Students participating in MSHSL sanctioned sports are required to have a Sports Qualifying Physical on file with Minnetonka High School. This form is good for **THREE YEARS** of participation from the date of the exam and must be current through the end of your sport participation season.

If you need to check on your student(s) physical date, email your request to:
gwynn.pletsch@minnetonka.k12.mn.us

Purchasing warm-up gear or any other non-school issued clothing (such as those organized by the captains) is optional.

5) Fundraising: We will be selling cookies again this year. The money primarily goes into funding for extra coaches but is also used for equipment.

6) Lettering Criteria: Is currently being modified. A detailed explanation will be available in the track packet handed out the first week of the season.

7) Team Rules: See attached

8) Tryouts: There are no tryouts. Everyone (grades 9-12) who signs up participates on the same team. However, to earn varsity status, an athlete must be one of the top 3 individuals in an event or a member of the #1 relay team. This status could change from week to week depending on a number of variables such as performance, injuries etc.

9) Transportation: Transportation to all meets will be provided. Athletes may take the bus back to school or go home with their parents. In this case, Coach Cohen must be notified by the athlete. However, it is mandatory that athletes not taking the bus home still stay for the entirety of the meet unless it has been cleared with Coach Cohen in advance.

10) Awards: Post-season awards such as all-conference and all-state are determined by the athletes' performance in those events. Awards such as the Marty Benson (team MVP), Joe Lane (honor and commitment), Most Improved and Rookie of the Year are determined by the best judgments of the head coach and his assistants. Captains for the upcoming year are determined by a vote of their peers at the end of the season.

11) Rosters: Depending on the meet, any number of participants may be involved. This could range from 2 athletes for a large invitational to an unlimited number for smaller meets. In cases of a J.V. meet, only non-varsity competitors will be involved. A more detailed list will be provided in the track booklet, which will be distributed at the start of the season.

12) Missing Practice: In cases of an excused absence (being sick, family reasons, school, religious activities etc.) the athlete must communicate with head coach before the date of the absence or the day after if it was unexpected (sick and missed school). In cases of unexcused absences, it is possible that the athlete will be demoted (from varsity to J.V.), asked not to run in a meet, or taken off a relay team depending on the frequency of occurrence and by the discretion of the Head Coach.

13) Spectator Fees: Ticket prices for all dual conference and Tonka invitationals are \$7.00 for adults and \$5.00 for students. The region and state meets also charge a fee.

14) Uniforms: Track uniforms are provided. School sweat suits will not be provided this year unless the parent and athlete understand that they will need to reimburse the school for a lost or stolen sweat suit. It is expected that athletes are dressed for the conditions. Items such as hats, gloves, extra sweats need to be brought by the athletes. In addition, it is encouraged that each athlete purchase footwear that is beneficial for success and safety in their event (spikes for runners and jumpers, running flats/shoes for practice, throwing shoes for throwers etc.). If there are more questions regarding where and how much these will be, contact Coach Cohen (# below).

15) Captains' Duties: Captains are expected to lead by example. Daily duties often include leading warm-ups, monitoring practice and meet sites for team cleanliness, and helping to assign duties to teammates. In the past, most captains have taken orders for, designed and distributed optional team apparel. Parents of captains have organized informal team get-togethers/dinners and are asked to help sign-up other parents to help with the concession stand for our four major home meets. Captains for the 2012 season; Jamie C., Rashad C., Zach G., Chris G., Evan L., James M. and Angus S.

For more information or questions, I can be reached at 952-401-5927 (MHS) or at my school email address at: chris.cohen@minnetonka.k12.mn.us

The 2012 season should be a great one for Tonka Track!

Coach Chris Cohen

REQUIREMENTS FOR VARSITY LETTER IN TRACK

Provided that attitude and attendance are satisfactory, a letter will be awarded to each individual who achieves:

1. Competes as a varsity performer (one of top three performers in an individual event or member of a varsity relay team) in at least three meets. Or
2. Athlete achieves the set standard in the following event(s) listed below:

100m.	11.9	200m	24.5	400m	55.5
800m.	2:13	Mile	5:00	2mile	10:50
110HH	18.0	300IH	45.0	LJ	18' 0
TJ	37'	HJ	5'6"	PV	10'0"
Shot	40'	Disc	100'		Or.

3. A senior who does not qualify in any other category and who has contributed effort and commitment to Minnetonka Track and Field.
4. Coach's discretion.

- I. **Attitude**- the coaches will determine if the athlete's attitude is satisfactory based on the following:
- An athlete is automatically disqualified from earning a letter if that athlete at any time during the season is declared ineligible due to academic, harassment or chemical/possession violations.
- II. **Attendance** – the coaches will determine if the athlete's attendance is satisfactory based on the following:
- *An athlete may not have more than 5 absences during the season. No more than 2 of these can be unexcused. Spring break absences or Saturday practice absences do not count against the 5 total.
- An athlete may choose to leave early from no more than 1 meet during the season. In keeping with the coaching staff's philosophy that supporting the team is a priority; all athletes are required to stay at meets, regardless of their event being finished.

Valid reasons to miss a practice/meet or leave a meet early (will not count against 5 practice absences or 1 meet early departure): illness (verified), school related (AP test, awards night, etc.), religious activity.

Excused absences are any activity that has been brought to the coach's attention before or the day of the absence such as: family activities, needing to study or other coach approved activities; written note, phone call, email or face to face.

Unexcused absences will consist of the following: not reporting an excused/valid excuse until the day after the absence or later, missing/leaving a practice or meet for another sport/work or for no reason.

2012 Minnetonka Boys' Track and Field Schedule

1)	JV Meet vs. Wayzata (<i>Home</i>)	Thurs/Apr. 12	4:00 - 5:30	JV
2)	Lake Relays (<i>@ U of M</i>)	Fri/Apr. 13	3:00 - 7:30	V
3)	Shakopee Relays (<i>@Shakopee Jr. high</i>)	Thurs/Apr. 19	3:30 – 9:00	V
4)	Lakeville Mega Meet (<i>@ Lakeville North</i>)	Fri/Apr. 20	3:00 – 9:00	V/JV
5)	Joe Lane Invitational (<i>Home</i>)	Tues/Apr. 24	3:45 – 8:30	V
6)	Hamline Elite (<i>@Hamline U</i>)	Fri/Apr. 27	6:00 – 9:00	Qualifiers
7)	JV Meet (<i>@Hopkins HS</i>)	Thurs/May 3	4:00 - 6:00	JV
8)	Wayzata Relays (<i>@ Wayzata HS</i>)	Sat/May 5	10:30 – 4:30	V
9)	True Team Section (<i>@ Eden Prairie HS</i>) (HJ at 1:30)	Tues/May 8	3:30 – 8:00	V
10)	JV Meet (<i>@ Edina Community Center</i>)	Thurs/May 10	4:00 – 6:00	JV
11)	Classic Lake Conference (<i>@ Hopkins HS</i>)	Tues/May 15	2:00 – 9:00	V
12)	JV Meet (<i>@ Eden Prairie HS</i>)	Thurs/May 17	4:00 – 6:00	JV
	True Team State (if qualify) (<i>@ Stillwater</i>)	Fri/May 18	3:00 – 9:30	V
13)	Gr. 9-10 Conference (<i>@ Wayzata HS</i>)	Mon/May 21	4:00 – 7:30	9-10

14)	Bob Rogness Relays (<i>Home</i>)	Wed/May 23	3:15 – 8:00	V
15)	Region 6AA			
	@ Robbinsdale Cooper HS (<i>Day 1</i>)	Tues/May 29	3:45 - 8:30	V
	@ Robbinsdale Cooper HS (<i>Day 2</i>)	Wed/May 30	4:00 – 8:00	V
16)	STATE TRACK MEET			
	@ Hamline University	Fri/June 8	9:00 – 1:30	Qualifiers
	@ Hamline University	Sat/June 9	9:00 – 1:00	Qualifiers

Season Begins on March 12th

Indoor Time Trial: St Olaf College – March 17th, 9:30-noon

Awards Banquet: Sunday, June 10th at 3pm in the MHS Cafeteria.